

Pine Bark Extract Is Extremely Toxic And Will Add Stress To A Overloaded Detoxification System — And More On Antioxidants

By Joachim Bartoll | Apr. 5th, 2025

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This Saturday morning we return to the [clueless writers at Examine.com](#) and a summary of a meta-analysis of 27 randomized controlled trials, where some [dimwits thought it would be a good idea to poison participants with pine bark extract](#) and then look at markers of cardiometabolic health without a clue about the physiological and biochemical effects.

So, let's see what they believed they found and what stupid conclusions they might have drawn.

“Some of the 1,685 participants had a health condition (e.g., type 2 diabetes). The supplement dosages were 25 to 1,322 milligrams daily, and study durations ranged from 2 to 24 weeks. The forms of pine bark extract included Pinus massoniana bark extract, Enzogenol, Flavangenol, Oligopin, and Pyncogenol (the most commonly studied formulation).”

So, some evil bastards thought it would be a good idea to poison some people with toxic pine bark, who were already struggling with their health

due to an excessive intake of carbohydrates and seed/vegetable oil, as in type 2 diabetes. What a bunch of complete idiots.

And 2 to 24 weeks. If you see changes within a few days or even a week or two, it's not from the body healing and getting better, especially not if you have not provided it with better nutrition which is needed for healing and tissue repair to occur, and in this case to increase healing so it's noticeable. Also, healing takes time. If you've been unwell for a long time and your health has been declining slowly for years, there will be tremendous amounts of damage, and your health or cardiometabolic markers will not suddenly improve in a few days or weeks. So, if you only introduced some compounds that are void of the nutrients needed for detoxification, healing, and tissue repair (as in protein, saturated fats, cholesterol, and some micronutrients,) it's from acute poisoning and/or increased toxic load, overwhelming the detoxification system, reducing the healing and detoxification ability. This acute poisoning or increased toxic load that will hamper the healing process will reduce symptoms (which are the healing process) and also improve some markers, as these markers are elevated when healing and detoxification occurs. If the markers go down, healing and detoxification has also gone down. Very simple and basic physiology, and also plain common sense.

Symptoms and elevated blood markers can be a natural outcome of the body's efforts to heal and detoxify itself. The body has inherent mechanisms to identify, neutralize, and eliminate toxic substances, metabolic byproducts, and other harmful agents. These processes, collectively known as detoxification, involve multiple organ systems working together to maintain homeostasis and protect the body from damage. For example, the liver plays a crucial role in transforming toxins into less harmful substances that can be excreted, while the kidneys filter toxins from the blood and eliminate them through urine. The lungs also contribute by removing toxic gases and volatile chemicals. When the body's detoxification systems are overtaxed or dysfunctional, symptoms may become more apparent and blood markers may rise, reflecting the body's ongoing efforts to restore balance and health. 2 3

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According to biology, physiology, and biochemistry, medications and drugs primarily focus on alleviating symptoms of a disease rather than addressing the underlying issue. Symptoms are often a manifestation of the body's natural detoxification and healing processes.

The Impact on Recovery

By lessening symptoms, medications and drugs may provide temporary relief but may not address the root cause of the disease. This can lead to a prolonged recovery process or even worsen the underlying condition. In some cases, medications and drugs may mask the symptoms, making it challenging to diagnose and treat the underlying issue effectively.

“Pine bark extract reduced the following:

- *Blood pressure: diastolic (−2.62 mmHg) and systolic (−2.26 mmHg)*
- *Body weight (−1.37 kg/−3 lbs)*
- *Fasting blood glucose (−6.25 mg/dL)*
- *HbA1c (−0.32%)*
- *LDL cholesterol (−5.07 mg/dL)*

Pine bark extract had no effect on BMI, HDL cholesterol, insulin, total cholesterol, triglycerides, waist-hip ratio, or waist circumference.”

A sudden reduction in blood pressure is not a good thing. It indicates that the body's ability to detoxify and repair tissues has been compromised. If blood pressure is elevated, it's because there is a lot of damage in the body and it's trying its best to heal. Blood pressure is high because the body's organs and tissues rely on proper blood flow to receive essential nutrients and oxygen, and to remove waste products through detoxification. In such a scenario, if you actually have begun to assist your body, blood pressure should slowly decrease over the span of several months to a few years if health is actually improving and you are finally healing — and not simply stuck in a healing loop where the toxic load is so high that the body can't keep up with detoxification and healing (also known as chronic inflammation.)

Detoxification is a critical process in the body, primarily carried out by the liver and kidneys, which helps to eliminate toxins and maintain homeostasis. When the body is overwhelmed by a high toxic load or poisoning, the detoxification and healing processes can be inhibited, leading to various physiological effects, including changes in blood pressure.

If the body's detoxification mechanisms are overwhelmed, the accumulation of toxins can interfere with normal cellular functions, including those that regulate blood pressure. This can result in a slight decrease in blood pressure as the body's ability to detoxify and heal is compromised. While a temporary drop in blood pressure might seem beneficial, it can actually lead to accumulated damage over time. This is because the body's organs and tissues rely on proper blood flow to receive essential nutrients and oxygen, and to remove waste products. When blood pressure is too low, these processes are impaired, potentially leading to organ dysfunction and further health issues.

In such cases, it is crucial to address the underlying cause of the increased toxic load or poisoning to restore the body's natural detoxification processes and prevent long-term damage.

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1 Overview, Essential Co...

A reduction in body weight from simply taking a toxic compound is alarming as it can be from reduced appetite due to acute poisoning. Considering that 99% of all people's diets are complete and utter crap, simply eating less is very bad, as it will accelerate the development of nutrient deficiencies — further inhibiting detoxification and healing.

And considering that BMI and waist circumference did not really go down, it might be from both a little fat loss that was hardly noticeable and from muscle loss, which is even worse. Or simply that a lot of cells were

overwhelmed by the toxic load and could not store as much glucose (glycogen) and water as they could previously.

A reduction in fasted blood glucose is also very alarming as it either shows that the participants were consuming less food, lost muscle mass, and their bodies were conditioned to rely on a toxic carbohydrate/glucose metabolism, and thus their ability to manufacture their own glucose through gluconeogenesis was severely reduced in between meals. Or it was the toxic effect of pine bark on the liver and kidneys, reducing their ability to generate glucose in a fasted state. Either case, it's very bad. This really shows the toxic poisonous effect of pine bark.

Gluconeogenesis, the process by which the body produces glucose from non-carbohydrate sources, primarily occurs in the liver and, to a lesser extent, in the kidneys. Both organs play a crucial role in maintaining blood glucose levels, especially during fasting. **If the liver and/or kidneys are damaged due to a heightened toxic load or acute poisoning, their ability to perform gluconeogenesis can be impaired.** This impairment can lead to a decrease in fasted glucose levels, as the body struggles to maintain adequate blood glucose concentrations. 2 3

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HbA1c should naturally go down a bit if you either consume less toxic carbohydrates or if your body suddenly can't produce enough glucose on its own (as in liver and kidney damage,) as glycated hemoglobin or glycohemoglobin (HbA1c,) is a form of hemoglobin that has glucose attached to it. The amount of glucose that attaches to hemoglobin is directly proportional to the total amount of blood sugar/glucose in the system at the time, making HbA1c a useful measure of average blood glucose levels over a period of about two to three months.

A reduction in LDL cholesterol is extremely bad and 100% proof that pine bark is extremely toxic as it damages the liver and thus interferes with our body's natural healing process. LDL is the carrier lipoprotein manufactured by the liver that transports cholesterol to damaged tissue so it can be repaired. If LDL is elevated, your body is desperately trying to heal. LDL will naturally go down again if you supply your body with enough essential nutrients while reducing the toxic load so it can finish healing the damaged tissues. Again, this will take many months or even many years. If LDL drops in a few days or weeks it's due to impaired healing, and that is extremely bad

as damage will accumulate at a much higher rate leading to really serious health problems such as cancer, stroke, heart attack, or organ failure.

In summary, **LDL** is responsible for delivering cholesterol to cells, while HDL removes excess cholesterol from the bloodstream.

Healing Processes and Cholesterol Levels: According to biology, physiology, and biochemistry, when the body's healing processes are compromised, such as by nutrient deficiencies, and slow down, the levels of LDL and cholesterol will also decrease. This decrease occurs because the body cannot utilize as much cholesterol for tissue repair as it normally would, due to the compromised healing processes. As a result, the demand for cholesterol is reduced, leading to lower levels of LDL and cholesterol in the body.

Elevated LDL cholesterol can occur due to various factors, including tissue repair, where the body requires more cholesterol for cell repair and synthesis. **If a compound reduces LDL cholesterol in such a scenario, it may indicate that the compound is interfering with the liver's ability to produce LDL, potentially damaging the liver and reducing its capacity to support healing processes.** This interference can be harmful, as LDL is crucial for delivering cholesterol to tissues that need it for repair and maintenance.

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Biochemistry, LDL Chole...

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Cholesterol - Wikipedia

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Physiology, Cholesterol ...

So, to conclude, considering the short length of the studies and the fact that the participants only added pine bark extract to their daily routine and thus did not improve their diets by adding a lot of animal-based foods and they did not reduce their toxic load as in removing all plant-based and processed foods, all these markers clearly shows that their detoxification and healing processed were inhibited by the toxicity and damage of the pine bark extract.

In the context of biology, biochemistry, and physiology, when a body is struggling and health is declining, the approach to improvement often involves reducing the toxic load and nourishing the body with appropriate foods. This aligns with the concept of homeostasis, which is the body's ability to maintain a stable internal environment despite external changes. By reducing harmful factors and providing the body with the nutrients it needs, the body can better maintain its homeostatic balance and heal itself. 2 5

Therefore, addressing the root causes of health decline, such as reducing toxic loads and providing the body with the right nutrients, is essential for restoring health and maintaining homeostasis. 2 5



Now let's see what these imbeciles at Examine have to say.

“Due to the low quality of evidence for most of the outcomes and the wide variation among studies (e.g., health status of the participants and type and dose of pine bark extract), the results should be viewed with caution.”

Sure, because you view these outcomes as “positive,” because you do not understand the biochemistry behind them. Thus you also failed to explain these outcomes and the changes in some of the cardiometabolic markers. Luckily, I did that work for you. And anyone who has looked into biology and biochemistry knows that plants are very chemically different to humans and not compatible with our biology or physiology. They can never be beneficial in any capacity, it's not biochemically possible.

Plant Compounds Toxic to Humans

According to biology, biochemistry, and physiology, plant compounds are inherently incompatible with human biology due to their chemical differences from compounds found in human cells. This fundamental disparity renders plant compounds toxic to the human body.

Chemical Incompatibility

Plant compounds, such as phytochemicals, are synthesized through primary or secondary metabolism in plants. These compounds are designed to serve specific functions in plant growth, defense, or competition, but they are not adapted for human biology. In contrast, human cells contain unique biomolecules that are essential for maintaining cellular homeostasis and function.

The chemical structures of plant compounds are distinct from those found in human cells, making them incompatible with human metabolism. This incompatibility leads to toxic effects, as the body struggles to process and eliminate these foreign substances.

Lack of Health Benefits

Given the toxic nature of plant compounds, it is not possible for them to provide health benefits to humans. Any claims suggesting otherwise are unfounded and lack scientific support.

That is why the nonsense of antioxidants are still being touted among complete imbeciles. Antioxidants in plants are very chemically different to antioxidants in our bodies and cells. All living organisms produce their own antioxidants to protect us, but they are very different among the different classifications of organisms. Humans are classified under the kingdom Animalia, while plants are classified under the kingdom Plantae. Thus, while humans can manufacture their own antioxidants, especially when we run on our natural fat metabolism and are in ketosis, we can also get antioxidants from other animals by consuming their flesh, as they are biologically identical and compatible. However, plants are not, they belong to another

class of organisms and their “antioxidants” are not compatible and will be highly toxic. Very simple and logical. It’s common sense.

Antioxidants are often touted as a beneficial substance that helps protect our bodies from oxidative stress and damage caused by free radicals. However, a closer look at the natural world reveals that antioxidants are actually a defense mechanism used by plants to protect themselves from predators, including humans.

In plants, antioxidants are simply defense chemicals made by the plants to protect them from anyone wanting to eat or hurt them, as well as from environmental hazards. That means that within the human body, they will be extremely toxic doing enormous damage to our tissues. And that is one of the reasons why pine bark extract is so toxic and damaging, as it contains a lot of phenols and flavonoids such as procyanidins, catechins, and phenolic acids. Only a complete retard would ever come up with the idea to process bark into a liquid and then dry it into a powder. It’s frikkin’ bark! It’s not meant to be consumed!

Pine bark extract contains several types of antioxidants, which are plant defense chemicals against predators. These include **procyanidins, catechins, epicatechins, and phenolic acids such as caffeic and protocatechuic acids**. Procyanidins are a type of **flavonoid** that act as antioxidants, while catechins and epicatechins are also **antioxidant-like flavonoids**. Phenolic acids are another group of **polyphenols** that exhibit high antioxidant activity. These compounds are collectively responsible for the antioxidant properties of pine bark extract. ^{2 3 4}

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Pine Bark Extract: Uses, ...

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A systematic review of t...

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What Is Pine Bark Extrac...

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Again, humans are obligate hyper carnivores, and we should never consume anything that is growing out of the dirt. We should only consume animals and their produce.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

Coaching and Consultation

And if you found the article and my insights helpful and enjoy my daily free information, please consider donating to help pay the webhosting bills and keep the site running. And if you're interested in discussing and sharing information with likeminded people, consider joining our uncensored community at Ungovernable.se. Thank you!

If you wish to support my work

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